

25 Days of Quarantine – Activities Challenge

Working from home and need some inspiration? Here are 25 days of activities and challenges you can complete while in quarantine.



Keep a smile on your face today. Even when cleaning or walking around your house. It will lift your spirits!	Write down a goal today – can be work related or personal, big or small! Keep the written goal in a visible place.	Do not use Face Book today. Instead, start a group chat with friends/family to share life updates and pictures.	Act like a toddler today – spread your arms like a bird when on a walk. Open up your heart and imagination.	Take a hike or nature walk. Find a worm, a pretty flower, and a cool rock.
Set your computer by a window today or set up your “desk” outside.	Enjoy 5 minutes of silence today. Take this time to relax, meditate, and reflect on your emotions.	Take a hike or nature walk. Find a snail, a bird, and watch a bee pollinate a flower.	Ask your friends for a book or podcast recommendation. Start reading or listening.	Do yoga today. Follow this yoga video or find your own on the internet or WW Intranet page.
Start your day off right – wake up without hitting snooze on the alarm clock.	Take a hike or a nature walk. Search for something you have never noticed before.	That project you keep procrastinating? Hanging curtains, weeding the yard, cleaning the attic - Time to begin!	Get dressed and ready in jeans and a nice shirt today. Style your hair. No PJ's!	Have a picnic today. Take your shoes off and feel the grass. Lay down and find shapes in the clouds.
Wash the dinner dishes by hand today. Enjoy the warmth of the water and the cleanliness of your hands.	Listen to a funny podcast, television show, or stand-up comedy video. Laugh!	Clean out your refrigerator and freezer today.	Take the extra step today – wash your plate instead of leaving it to sit. Fold your laundry instead of leaving it in the basket.	Take a hike or a nature walk today. Find a butterfly, a mossy tree or rock, and a caterpillar.
Turn on your favorite song and SING! Bonus points for dancing!	Relax while working today and turn on some classical music in the background to help you focus.	Go outside this evening and listen to the crickets and frogs.	Exercise today. Walk the dog, do yoga, find an at-home workout video. Include the whole family.	Have a positive mindset today. Be cognizant of the tone of your thoughts. Find the good in every situation.

